

BEING PREPARED for your home yoga classes

ZOOM; Our classes take place live via Zoom. You will need to download the [Zoom](#) application onto your device (pc/ tablet/ smartphone) and then either use the link that we email to you, to join the session- just by clicking on the link. Or go into the Zoom app; choose JOIN A MEETING and then type the “Meeting ID” (12 digit number) and Password into the appropriate boxes. You can get in touch with us if you like and we can help you with this. If you do not feel confident about using Zoom, we can arrange a practise meeting with you, prior to your first session.

READY GET SET: If you are attending any of our yoga sessions (other than chair yoga sessions), it might be useful to have a yoga mat or rug, or something under your feet, to give you a little bit of grip for standing. When we are lying or sitting on the ground, it's handy to have a blanket/ towel/ cushion for support and comfort. If you have a garden, or an open space nearby, it's nice to practise yoga outside, if the weather and your WiFi range is good!

WHAT TO WEAR; you do not need any special clothing. It is preferable to practise with bare feet, if that feels good and you are warm enough. It's best to wear comfortable clothing that doesn't restrict your movement or breathing in any way.

CHAIR YOGA; you will need a chair or bed to sit on (a wheelchair, arm chair or dining chair is fine). We want you to be able to rest your feet flat on the floor or something stable, such as yoga blocks or a large book.

MEDITATION & RELAXATION; the most important thing is that you are comfortable. You can sit on the floor supported by cushions and or yoga blocks etc. or sit in a chair, or lie down or stand if you prefer. It's useful to have a blanket or extra layer to hand, as you can soon get chilly when your body quietens down.